

Thera Connex newsletter

Edition 26

Tuesday 6 July 2021



welcome

Welcome to Thera Connex

We wanted to tell you about some changes to the restrictions in **England**.



england



delay



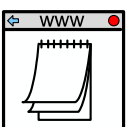
allowed



review



aware



website

COVID-19 restrictions in England

England is currently in **Step 3** of the roadmap. The Government had hoped to move to **Step 4** on **21 June 2021** but there has been an increase in the number of coronavirus cases. The Government decided to **delay** the changes for **4 weeks**, until **19 July 2021**.

However, the Government allowed some things to change on **21 June 2021**. This included more people being allowed at weddings, depending on the capacity of the venue and social distancing being place.

The Government will review the roadmap on **Monday 12 July** to decide whether England can move to **Step 4** of the roadmap on **Monday 19 July** as planned.

We will send out more information **next week** about **Step 4** and what it will look like.

Please be aware that Scotland, Wales and Northern Ireland have separate rules and restrictions.

Easy reads for the roadmap steps are available on the Thera Trust website: www.thera.co.uk/contact/coronavirus/about/england/



vaccinations

COVID-19 restrictions in England

Vaccinations

All adults in England can now book COVID-19 vaccinations. You can book your vaccinations on the NHS website:

www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination



NHS

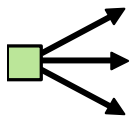


website

Surge testing

Around 1 in 3 people with COVID-19 don't show symptoms and can spread the virus without knowing.

In some areas there are cases of a new coronavirus variant. The Government has deployed 'surge testing' in some of these areas, which means everyone over the age of 18 is encouraged to have a PCR test whether they have symptoms or not.



spread

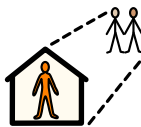


encouraged



NHS

If your area has access to surge testing, you will receive more information from NHS Test and Trace.



self-isolation

Public Health England have also produced a 'myth busting' poster about self-isolation which you can find on the next page.

Place Logo Here

NHS

Test and Trace

GET THE FACTS

SELF-ISOLATION MYTHBUSTERS

There are lots of myths about self-isolating. Here are the facts.

MYTH: I have to self-isolate for 14 days

FACT: You only need to do so for 10 days, starting the day after your test or close contact.

MYTH: I don't have to self-isolate if I'm vaccinated

FACT: You must self-isolate even if you've had the vaccine or have had coronavirus before.

MYTH: If my test result is negative, I can stop self-isolating

FACT: Unless you're taking part in a pilot scheme, you must continue to self-isolate.

MYTH: If I wear a mask, I won't need to self-isolate

FACT: You must still self-isolate, as you may already have been exposed to the virus.

MYTH: Lots of people don't self-isolate, so I don't need to

FACT: The latest data shows that 93% of people who are told to self-isolate do so. You must do the same.

MYTH: I can still go out for a walk if I'm in self-isolation

FACT: You must not leave your home for the full 10-day period, unless there's an emergency.

MYTH: If I'm self-isolating, I can't leave home for any reason

FACT: You can – but only in urgent situations like getting medical help or avoiding the risk of harm.

MYTH: I won't need to self-isolate after restrictions ease on June 21st

FACT: You must still self-isolate if you're asked – you'll protect the public and help us return to normal.

MYTH: There's no support available for me if I self-isolate

FACT: Mental health advice, help from your local authority and financial support are available.



For more information go to: [gov.uk/coronavirus](https://www.gov.uk/coronavirus) or call 119 or contact your local authority

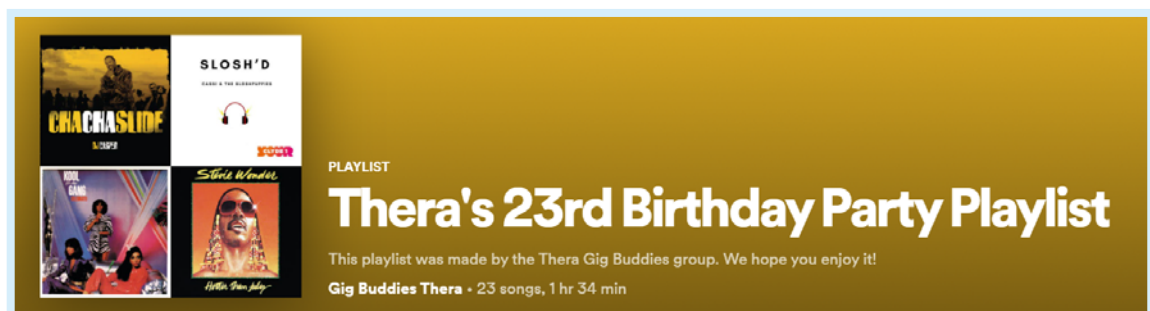


birthday

Celebrate good times this summer for Thera's 23rd Birthday!

Thera is celebrating its 23rd birthday today!

Members of the Gig Buddies with Thera Trust project have put together a party playlist that you can enjoy throughout the day: <https://open.spotify.com/playlist/48Lo41kTdVMSWj7XjUCSVz>



We've also included a party-themed word search, 'What Am I?' riddle and a delicious recipe for a Vanilla cake.



photographs

We'd love to see pictures of your finished cakes - please send them to stories@thera.co.uk for a chance to feature in the next Thera Connex!



Party Themed Word Search

| | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| E | Y | J | W | J | Q | D | P | S | E | B | K | Y | B | B | P | N | P |
| W | O | F | G | U | E | S | T | S | P | S | U | A | I | X | A | D | R |
| G | Q | X | S | W | E | E | T | S | K | Q | D | N | R | G | R | Q | E |
| A | D | E | C | O | R | A | T | I | O | N | S | Z | T | C | T | A | S |
| M | Z | T | O | R | P | V | X | Y | G | H | U | L | H | I | Y | O | E |
| E | F | I | N | V | I | T | A | T | I | O | N | I | D | S | N | J | N |
| S | O | S | F | C | A | K | E | J | E | E | F | W | A | P | W | G | T |
| G | O | E | E | S | B | R | X | W | L | Y | V | P | Y | D | J | Q | S |
| J | D | U | T | B | A | L | L | O | O | N | S | E | K | P | J | K | T |
| G | S | J | T | Y | Z | B | Z | S | Q | M | X | N | N | E | A | W | L |
| Z | D | S | I | C | E | L | E | B | R | A | T | E | L | T | C | T | U |
| C | W | T | M | M | A | C | I | V | C | A | N | D | L | E | S | F | O |

Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

BALLOONS

BIRTHDAY

BUNTING

CAKE

CANDLES

CELEBRATE

CONFETTI

DECORATIONS

EVENT

FOOD

GAMES

GUESTS

INVITATION

PARTY

PRESENTS

SWEETS

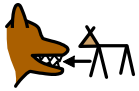


Riddle - What am I?



mammal

I am a mammal .



carnivore

I am a carnivore (meat eater).



environments

Females are called cows; males are called bulls.

I can be found all over the world and in different environments



live

I live in the world's seas and oceans and in some rivers too.



communicate

We communicate with each other by clicking, whistling and other sounds.



groups

We live in groups, which are also known as 'pods'.

What am I?

Pssst! Having trouble guessing or would like to see if your answer is correct, check the bottom of the back page.





recipe

Vanilla cake

This easy vanilla cake is perfect for birthday cakes or cupcakes.

Preparation time: 30 mins to 1 hour

Cooking time: 10 to 30 mins

Serves: 12 large cupcakes or
1 round birthday (9 inch) cake



ingredients

Ingredients

- 100g unsalted butter
- 250g caster or brown sugar
- 50ml sunflower oil
- 25g arrowroot, cornflour or cocoa
- 2 tsp vanilla extract
- 4 medium free-range eggs
- 80ml milk
- 100ml double cream
- 300g plain flour
- 3 tsp baking powder



method

Method

1. Line the base of a deep 20cm/9in square cake tin with non-stick paper and preheat the oven to 180C/160C Fan/Gas 4.
2. Melt the butter over a low heat in a small pan, pour it into a bowl with the sugar, oil, cornflour (or arrowroot or cocoa) and vanilla. Beat well until smooth, then whisk in the eggs followed by the milk and cream.
3. Sift and beat the flour and baking powder into the butter mixture in batches until smooth, then spoon into the prepared tin and bake for 50-60 minutes (for a large cake). Keep a careful eye toward the end of the cooking time, and cover with foil if the cake is getting too dark. For cupcakes, fill the papers about three-quarters full then bake for about 20-25 minutes.



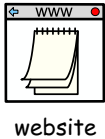
Let us know what you think of Thera Connex

We want to hear your feedback about Thera Connex so we can make improvements for the future and include content you want to see.

The survey takes less than 5 minutes to complete and we would love to hear from you!

www.surveymonkey.co.uk/r/TheraConnex

Keep in touch



Visit our website to find out more about Thera Connex:

www.thera.co.uk/contact/coronavirus/thera-connex

You can get in touch with us through our social media pages.



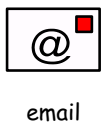
@TheraGroup



@TheraTrust



@TheraTrust



If you would like to receive this newsletter to your personal email address, please sign up to our mailing list:

<http://eepurl.com/mUID1>

‘What am I?’ Answer: Dolphin